We have produced this information as a guide to your operation. We aim to tell you what to expect during your stay in the unit and at home. If you have any questions, please contact us on the Day Surgery Unit.

What are tonsils?
The tonsils are made of a tissue that fights infection. There are lots of other areas in the head and neck and throughout the body made of this tissue, so even without the tonsils the body can still fight infection.

What are the benefits of the operation?
You may be having lots of problems with frequent attacks of tonsillitis or they may have very large tonsils, which interfere with your breathing. Removing the tonsils will prevent these problems.

What are the risks?
Every operation carries some risk of infection but we will often give you antibiotics as a precaution.

The risk of bleeding from this operation is usually greatest in the first few days afterwards. It is rarely serious enough to cause you to need another operation.

There is also a very small risk with any anaesthetic. Modern anaesthetics are very safe and your anaesthetist is an experienced doctor who is trained to deal with any complications.

What will happen during the day of the operation?
You will have a general anaesthetic and will be asleep throughout the operation. The surgeon will remove the tonsils and stop any bleeding.
After the operation, you will be taken to the recovery area for a short time, to be monitored. Every care is taken to ensure any pain you may have is controlled.

You will be quite drowsy at first and may feel disorientated for a short time but this will pass.

You may have some blood around your mouth. Do not worry about this, it is quite normal.

**Will I have pain immediately after the operation?**
You will have a sore throat and some stiffness in the jaw. You may also find you get earache. This often happens after a tonsillectomy. It does not mean there is anything wrong with the ears, it will ease as the sore throat settles. The nurse will give you some medicine to help with the soreness.

**When can I eat and drink?**
It is very important for you to eat and chew solid food (normal meals not just drinks), as soon as possible after the operation. This will be difficult to start with but actually makes the sore throat settle more quickly. Solid chewed food going down the throat will keep it clean, and help it to heal.

**When can I go home?**
You will probably be fit to go home later the same day but will be kept in the unit for at least four hours after the operation. This is to ensure that there is no bleeding from the tonsil beds.

The risk of bleeding within a few hours of the operation is small. If this happens, a further operation may be needed to stop the bleeding and you will need to stay in hospital overnight. If there is any doubt about any bleeding we will keep you longer in the unit and overnight if necessary.

**How will my throat feel when I go home?**
Your throat will still be sore and pain may be felt in the ears. This is normal and not a cause for concern. The soreness can stay for up to two weeks. The most painful period after a tonsillectomy is during the 3rd to 6th day after the operation, not always immediately afterwards.
We will give you painkillers to take home and advise you on their use.

**What will my throat look like?**
You may notice you have a yellowish coloration of the tonsil beds. Please do not be concerned because this is a normal appearance following tonsillectomy and not a sign of infection.

**What do I need to do to ensure I have a speedy recovery?**
It is important that you continue to eat and drink normally. If you do not eat but only take drinks, the throat will become unhealthy with the risk of infection and possible bleeding.

You should avoid having friends around if they have a cold. If possible avoid catching a cold within the first two weeks.

Exposure to tobacco smoke is likely to be extremely uncomfortable to you during this time. Do not smoke and try not to allow anyone to smoke nearby.

**When can I go back to work and go swimming?**
You should stay off work for two weeks after the operation. You must not go swimming for at least two weeks after the operation. This will help to avoid infection.

**Could the tonsil beds start to bleed at home?**
Sometimes bleeding from the tonsil beds can occur after you go home and overnight. You may need another operation to stop this and will need to stay in hospital for a few days.

Bleeding can also occur a week or so after the operation, mainly due to infection. This should be quite mild and another operation is not usually needed. If this happens you may need to stay in hospital for a day or two and take antibiotics.
What signs of bleeding should I look for that evening and overnight?
It is important that you have someone to check on you throughout the first night. Signs of bleeding from the tonsil beds could be:-

- trickles of blood from the corner of you mouth
- you may be swallowing or gulping more than usual
- you may be very restless, pale or clammy

What should I do if I am bleeding that evening or overnight?
If you are concerned in anyway YOU MUST telephone the contact number given to you when you are discharged.

In the event of an emergency – Please telephone

Ward D 2 West on, Tel. No:- 01633 – 234040 or 01633 – 234041.

If there are any changes to this information, we will tell you on the day.